Jurassic Coast Weekend

Frequently Asked Questions

How fit do I need to be?

Hopefully you’ve been able to find the time to keep your fitness levels up and are feeling the benefits. The more training and trekking you do beforehand, the easier you will find the weekend.

This challenge attracts people of all levels of experience and fitness, all ages and backgrounds. We expect all participants to train hard in advance to achieve this challenge, but we respect everyone’s limits.

Sticking to our training plan will pay off; it is all about endurance rather than speed. Training with your day pack on your back is all about endurance rather than speed.

What will the trekking be like?

We trek mainly on the coastal path, which ranges from grassy or stony paths to wide dusty tracks; there are some tarmac road sections and gravel tracks. There are many steep inclines both up and down along the cliff tops – these are usually relatively short sections, but there is little flat. The environment we walk through needs the respect of all its users to be preserved. Please walk on the path surface rather than on the vegetation growing beside it, don’t remove stones from the paths and don’t take shortcuts. Please follow the Countryside Code.

What will the weather be like?

While we hope that the conditions will be favourable for you, the weather can be unpredictable. Please ensure you have appropriate waterproofs in case the weather is bad and suncream, a hat and sunglasses for sunnier temperatures. There can be heavy mist along the coastline especially in the mornings, in which case your leader may ask you to stay more closely together as a group.

What is the accommodation like?

The campsite is comfortable but basic. There is a toilet block and there are shower facilities.

The tents will be provided and set up for you, and they are two-man tents. When you booked up for the trip you were asked for a room share request so you can be paired up. If you are travelling by yourself you will be paired up with another participant of the same gender and similar age. If this is an issue, you can bring and set up your own tent if you prefer. You will need to bring your own sleeping bag and sleeping mat.

There are ‘glamping’ options (shepherd huts / tepees) should you wish to pay to upgrade; these are limited in number and available on a first-come first-served basis. Please enquire for details.

What are the toilet facilities like?

You may be getting used to being out trekking for periods of time and noticed that toilet facilities are not always in the most convenient places. This is also true of the challenge itself.

There are facilities at the start and end of the day in camp but then it is more limited whilst you trek. There may be occasions when you will need to discretely find a sheltered natural spot, and make sure you take nappy sacks with you if required which can be disposed of at the next available bin.

How much do I need to drink?

You should be drinking 1-2 litres of water a day during your trek so please also make sure that you are used to walking with this amount of weight on you. 1ltr of water weighs around 1kg. There will be plenty of water provided for you throughout the weekend so ensure you stay well hydrated.

What do I need to pack?

We are travelling through varied terrain and could be exposed to bad weather at any time. Weather conditions can change quickly in the UK so be prepared for all weathers and temperatures.

Make sure your walking boots are well worn in and have some sort of waterproofing to them. Boots with good ankle support are important as the going underfoot can be rough at times. If you are planning on using walking poles on the trek, get used to using them now rather than using them for the first time on the weekend.

Please refer to the kitlist for full details of what to pack on this challenge.

Where do we meet?

Please arrive at Longthorns Farm Campsite from 16:00 onwards on the Friday (details below).

Longthorns Farm Campsite
Longthorns, Wareham
Dorset
BH20 6HH

If you are driving, there is plenty of parking at the campsite where you can leave your car for the weekend. If you are taking the train, your trip leaders can pick you up from Wool railway station on the Friday afternoon between 16:00 and 19:00. This is the nearest train station to the campsite. Please just let us know what time your train is arriving if this is the case so that we can inform the leaders. If we don’t hear from you we will assume you are making your own way to the campsite.

The campsite is approximately a 3 minute drive away from the train station.

If you plan to arrive much earlier we recommend you either take a taxi to the campsite or enjoy looking around Wool or Wareham until the pick-up times.

Your tents will be set up for you by your Discover Adventure crew and your trek leader will give a weekend briefing over dinner at around 19:30.

01722 718444
info@discoveradventure.com  www.discoveradventure.com

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What will I be eating?
You will be fed very well during the weekend with cooked dinners provided on the Friday and Saturday evening, with breakfast and a packed lunch provided for Saturday and Sunday. There is a marquee tent in camp where you eat together.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Always ask for our advice.

Do I need travel insurance?
Many people assume that travel insurance is an unnecessary expense for a holiday in the UK. Of course, as a British citizen you won't need insurance for medical treatment in the UK because you can rely on the NHS. So, if you have an accident or fall ill during your challenge, you don't need to worry about a big bill.

But travel insurance is about more than medical cover. It can cover you if you fall ill before the date of departure and have to cancel your holiday?

Without insurance you could lose your deposit, or even the full cost of the trip. With insurance you will also be able to claim if, for example, your camera was stolen or you lose an item of jewellery whilst on the challenge?

What if I have any issues during the trip?
Our leaders are very experienced and work very hard to ensure your trip runs as smoothly and enjoyably as possible, and we're sure that you'll have a wonderful time. If you do have any concerns or problems during the trip please talk to the crew and give them the opportunity to explain or rectify things while they are able. They are all very approachable!